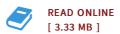




Sustainable Recovery (Paperback)

By Keith Kay

Createspace, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. Sustainable Recovery is a non-fiction book in the self-help genre, and is dedicated to enlightening anyone seeking recovery from alcoholism, or seeking a greater knowledge of addiction rehabilitation. The book focuses on the author s personal battle with alcoholism. His recovery, first in the conventional Twelve Step model, then later utilizing cutting edge neuroscience and the quantum model is a compelling journey of personal transformation. Drawing on his diverse career in mainstream nursing, as well as extensive knowledge of alternative/complementary healing, the author lays out the formula for his own high-end recovery. Utilizing what has worked the best for the most for the longest from a very contemporary perspective, he further endorses an additional layer atop the 80 year old AA program. Taking the latest up-to-the moment ideas on epigenetics, neuroplasticity and spiritual mindfulness, he offers insight and a practical guide for the recovery and life of your dreams.



Reviews

Thorough information! Its such a excellent read. It is really simplistic but unexpected situations within the fifty percent of your pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Johnathon Moore

This ebook may be worth getting. I actually have read through and i am sure that i am going to likely to read through again once more down the road. You will not sense monotony at whenever you want of your respective time (that's what catalogues are for relating to should you check with me).

-- Mr. Golden Flatley

Other Kindle Books



Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...



Johnny Goes to First Grade: Bedtime Stories Book for Children's Age 3-10. (Good Night Bedtime Children's Story Book Collection)

Createspace, United States, 2013. Paperback. Book Condition: New. Malgorzata Gudziuk (illustrator). Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do you want to ease tension preschoolers have before going to school for the first



Some of My Best Friends Are Books: Guiding Gifted Readers from Preschool to High School

Book Condition: Brand New. Book Condition: Brand New.



Games with Books: 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books: Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.